

PASIC 2024 Health & Wellness Sessions

By Hannah Weaver

With summer over and school back in swing, it's time to plan for PASIC 2024! As always, the PAS has compiled a rockstar list of performers, pedagogues, artists, clinicians, and more. Here are a few of the highlights that the Health & Wellness Committee will offer.

Thursday, Nov. 14
7:45–8:30 A.M., Convention Center Entrance

Health & Wellness Committee Fun Run
 Calling running enthusiasts of all levels! Join members of the Health & Wellness Committee on a morning jog. We'll hit a 5k loop around downtown, beginning at the Convention Center entrance. Get the blood pumping and endorphins flowing before a full day of clinics and concerts.

Thursday, Nov. 14
1:00–1:50 P.M., Room 201
Beat Drumline Back Pain! Three Keys to Play Pain-Free!" by Daniel Recoder and Forte Athletics

Anyone who has ever strapped on a drum knows the physical toll it takes on the body. Even with advancements in drum and harness design, drumline is still a brutal activity. In this session, Daniel Recoder of Forte Athletics will ad-

dress the problem of how to develop the core strength and spinal stability to help players eliminate back pain. Recoder will elaborate on his three tips to eliminate back pain: 1. Choose exercises that are relevant and achievable; 2. Learn to engage the correct muscles while carrying equipment; 3. Properly recover after rehearsal. This will be a must-see for anyone involved in the marching arts. Performers and teachers alike will gain useful insights from this session.

Friday, Nov. 15
3:00–3:50 P.M., Room 201
Healthy Life as a Percussionist presented by Fabian Ziegler

Physical wellness and mental/emotional wellness are both essential to the longevity, happiness, and success of one's musical life. Fabian Ziegler is going to speak to both of these areas during his clinic, "Healthy Life as a Percussionist." Highlights of his talk will include: mental training for musical performance and



DANIEL RECODER AND FORTE ATHLETICS



FABIAN ZIEGLER

life; tips for improved body performance and recovery; discussion of the benefits of yoga, meditation, and autogenic training (a relaxation technique used to combat anxiety or stress in the body through the power of the mind). This will be an excellent way to slow down from the mad energy of PASIC and take some time to evaluate ways to improve all aspects of your musical life.

Saturday, Nov. 16

1:00–1:50 P.M., Room 205

Your Eardrum: The Most Important Instrument You Own by John R. Beck and UNC Percussion Professors

The title says it all! In this session, John R. Beck and the percussion professors of UNC (Juan Álamo, Thomas Taylor, Eric Willie, and Amy Xin Yin) will discuss how to protect your most valuable assets—your eardrums. As percussionists, we are constantly operating in environments with decibels far beyond the healthy limits, so hearing protection is crucial. Beck and his colleagues performed studies on live musicians and have compiled video examples and research data to share regarding the sound volume levels percussionists and conductors regularly experience. They will then go on to share affordable and practical hearing protection options to help you prolong and protect your hearing. This clinic will be an invaluable resource for all.

Free Hearing Screenings

Friday, Nov. 15, 9:00 A.M.–3 P.M.

Butler University Audiologists and Health & Wellness Committee Members

Stop by for a free hearing test! Volunteers from Butler University and the Health & Wellness Committee will be assisting with screenings. [PN](#)



AMY XIN YIN, THOMAS TAYLOR, JUAN ÁLAMO, ERIC WILLIE, JOHN R. BECK